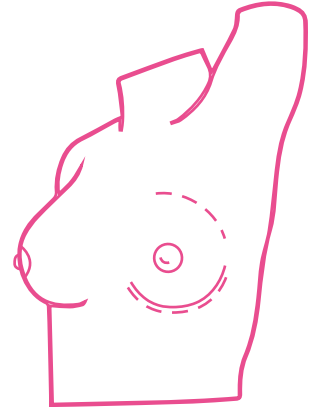


# You're a **Gurl Boss** & YOUR DOCTOR WORKS FOR YOU

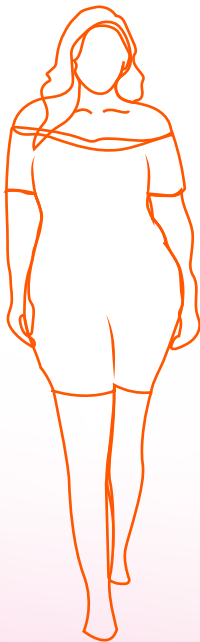


**Too often young, Black women unaware of their risk are dismissed by doctors and end up with delayed, more advanced breast cancer diagnoses. If you (or your partner) feel or see any changes in your gurls or underarm area, talk to a doctor ASAP.**

**About health insurance:** Many insurance companies have both a website and a phone number for you to get specific information about your coverage. If you don't have insurance right now, don't worry. You can visit a local Planned Parenthood or reach out to the Susan G. Komen fund at 877-465-6636 (choose Option 1).



## While talking with your doctor about your concerns, remember...



1. ***You're not too young to be taken seriously.*** Breast cancer impacts Black women earlier and more aggressively than white women. Remind your doctor of the facts.
2. ***Trust your gut.*** You know your gurls better than anyone. You know what's normal for you.
3. ***You've unlocked your HERstory.*** Bring your completed family health history worksheet with you so your doctor knows your risk.
4. ***Knowledge is power.*** You can always ask questions or ask for more information. What screening tests do you recommend? What type of imaging would give us more information (ultrasound, MRI, etc.)? How soon should I follow up about the issue?
5. ***Take notes.*** Whether on paper or on your phone, notes help make sure that you remember everything your doctor says. You can also bring a support person with you to your appointment!

**You're the CEO of your own health. You can always fire your doctor and hire a new one if you feel like they aren't listening to you or meeting your needs.**

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